

KIN M54: YOGA

Originator

kdewet

Co-Contributor(s)
Name(s)

Black, Adam (ablack)

College

Moorpark College

Attach Support Documentation (as needed)

OC Catalog - Yoga.pdf

CSUN Catalog - Yoga.pdf

VC Catalog - Yoga.pdf

Discipline (CB01A)

KIN - Kinesiology

Course Number (CB01B)

M54

Course Title (CB02)

Yoga

Banner/Short Title

Yoga

Credit Type

Credit

Honors

No

Start Term

Fall 2022

Catalog Course Description

Introduces the concepts and practices of fundamental yoga-based poses, breathing techniques, and mental focus designed to enhance strength, flexibility, balance, body awareness, and stress reduction. Emphasizes on safety, proper body alignment, posture, and movement efficiency.

Additional Catalog Notes

This class is geared for those new to yoga, and is adaptable to a variety of fitness levels and abilities.

Taxonomy of Programs (TOP) Code (CB03)

1270.00 - Kinesiology

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

A (Transferable to both UC and CSU)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

E - Non-Occupational

Course Cooperative Work Experience Education Status (CB10)

N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)

1 - Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

Will not be required

Grading method

(L) Letter Graded

Alternate grading methods

(O) Student Option- Letter/Pass

(P) Pass/No Pass Grading

Does this course require an instructional materials fee?

No

Repeatable for Credit

No

Is this course part of a family?

No

Units and Hours

Carnegie Unit Override

No

In-Class

Lecture

Activity

Laboratory

Minimum Contact/In-Class Laboratory Hours

52.5

Maximum Contact/In-Class Laboratory Hours

52.5

Total in-Class**Total in-Class****Total Minimum Contact/In-Class Hours**

52.5

Total Maximum Contact/In-Class Hours

52.5

Outside-of-Class**Internship/Cooperative Work Experience**

Paid

Unpaid

Total Outside-of-Class**Total Outside-of-Class****Total Student Learning****Total Student Learning****Total Minimum Student Learning Hours**

52.5

Total Maximum Student Learning Hours

52.5

Minimum Units (CB07)

1

Maximum Units (CB06)

1

Student Learning Outcomes (CSLOs)**Upon satisfactory completion of the course, students will be able to:**

- | | |
|---|---|
| 1 | apply the theoretical and scientific health benefits and practical applications of Yoga principles. |
| 2 | apply learned fundamental skills of yoga. |

Course Objectives**Upon satisfactory completion of the course, students will be able to:**

- | | |
|---|--|
| 1 | experience positive change in mind-body connection through practicing a system of physical and mental exercises. |
| 2 | apply pranayama breathing techniques. |
| 3 | perform simple yoga postures in a manner that honors individual muscular skeletal structure and range of motion variables. |
| 4 | demonstrate alignment, balance and coordination while connecting moves in a simple flow sequence. |
| 5 | discuss variables of at least three different style of yoga |
| 6 | identify and define the core topics of kinesiology as they apply to yoga |

Course Content**Lecture/Course Content**

N/A

Laboratory or Activity Content

1. (2%) **Introduction to history of yoga.**
 - origin and evolution of the different types or styles.
 - language and common terms used in the practice
2. (2%) **Creating the practice environment for safety and comfort.**
 - Attire.
 - Equipment selection and care.
3. (2%) **Concepts and practices for cultivating a non judgmental, and non competitive mindset.**
4. (4%) **Basic anatomy and anatomical terms for understanding cueing, sensing personal limits, and applying techniques to modify basic poses for safety and comfort.**
5. (4%) **Health benefits of yoga including mental, physical and social emotional realms.**
6. (6%) **Introduction to the anatomy of breathing.**
 - Muscular structure and systems activated with conscious breathing
 - Types of pranayama breathing.
 - Linking breathing with the exercises.
7. (4%) **Introduction to nervous system physiology and applications for safe exercise practice.**
 - The autonomic system and functions
 - The stretch response
8. (35%) **Concepts and practice of basic asanas, with emphasis on proper alignment, and adjustments, for individual variability.**
 - Standing series of poses.
 - Seated series of poses.
 - Supine series of poses.
 - Prone series of poses.
 - Inverted series of poses.
 - restorative series of poses.
9. (4%) **Varied techniques for relaxation, visualization, and imagery.**
10. (20%) **Practice sun salutations and linking basic asanas into yoga flow sequences.**
11. (10%) **Develop and refine specific skills, techniques, movement patterns, flexibility, strength, endurance, variations, transitions, and progressions.**
12. (5%) **Self-guided and small group practice of postures and flows.**
13. (2%) **Application of mindfulness to promote healthy life choice behaviors.**

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Written expression
Skills demonstrations

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Group projects
Individual projects
Journals
Portfolios
Quizzes
Reports/papers
Skills demonstrations

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Class activities
Class discussions
Demonstrations
Distance Education
Group discussions
Laboratory activities
Small group activities

Describe specific examples of the methods the instructor will use:

1. Verbal explanation of concepts and application to skills.
2. Visual demonstrations of physical skills, supplemented with verbal and or physical cues for various actions, muscle activation, body sensations, and mental awareness.
3. Verbal cueing for direction and providing feedback of exercises performed by the students without the presence of visual demonstrations.

Representative Course Assignments**Writing Assignments**

1. Journaling and tracking personal growth and skill progress.
2. Establishing personal desired outcomes, and crafting an action plan with examples of positive behavior changes that create a path for success.
3. Assessing comprehension of concepts introduced in the course through quizzes and/or worksheets.

Critical Thinking Assignments

1. Compare and contrast the psychological and physiological health benefits of regular yoga practice.
2. Compare and contrast the various styles of yoga, and provide examples of varied benefits.

Reading Assignments

1. Read yoga printed educational supplements, or the electronic equivalent, provided through a web-based learning management system.
2. Review specific articles from the Internet or library resources having to do with topics such as health and physical benefits of yoga practices.

Skills Demonstrations

1. Demonstrate at least one basic asana form each category, standing, seated, supine, prone, and restorative, while applying proper alignment and breathing.
2. Perform a simple sun salutation by memory.

Outside Assignments**Articulation****Equivalent Courses at 4 year institutions**

University	Course ID	Course Title	Units
CSU Northridge	KIN 149	Yoga I	1
CSU Bakersfield	KINE 1503	Yoga	1
CSU Fresno	KAC 60	Yoga	1

Comparable Courses within the VCCCD

KIN V70A - Yoga I
KIN R142A - Yoga I

Equivalent Courses at other CCCs

College	Course ID	Course Title	Units
Orange Coast College	KIN A128	Hatha Yoga -Level 1	.5-1.5
Canada College	FITN 334.1	Yoga I	1

District General Education

A. Natural Sciences

B. Social and Behavioral Sciences

C. Humanities

D. Language and Rationality

E. Health and Physical Education/Kinesiology

E2. Physical Education

Proposed

Date Proposed:

11/2/2021

F. Ethnic Studies/Gender Studies

Course is CSU transferable

Yes

CSU Baccalaureate List effective term:

F2022

CSU GE-Breadth

Area A: English Language Communication and Critical Thinking

Area B: Scientific Inquiry and Quantitative Reasoning

Area C: Arts and Humanities

Area D: Social Sciences

Area E: Lifelong Learning and Self-Development

E Lifelong Learning and Self-Development

Proposed

Date Proposed:

12/15/2021

Area F: Ethnic Studies

CSU Graduation Requirement in U.S. History, Constitution and American Ideals:

UC TCA

UC TCA

Proposed

Date Proposed:

6/15/2021

IGETC**Area 1: English Communication****Area 2A: Mathematical Concepts & Quantitative Reasoning****Area 3: Arts and Humanities****Area 4: Social and Behavioral Sciences****Area 5: Physical and Biological Sciences****Area 6: Languages Other than English (LOTE)****Textbooks and Lab Manuals****Resource Type**

Textbook

Classic Textbook

No

DescriptionClark, Bernie. *The Complete Guide to Yin Yoga Philosophy and Practice*. Revised ed., Wild Strawberry Productions, 2019.**Resource Type**

Textbook

Classic Textbook

No

DescriptionDormaier, Christine, Fran Ubertini, and Robert Birnberg. *Why Yoga Works & How It Can Work For You: Based on the Teaching of T. Krishnamacharya and T.K.V. Desikachar*. Yoga Unites FRC, LLC., 2018.**Resource Type**

Textbook

Classic Textbook

No

DescriptionKaminoff, Leslie, and Amy Mathews. *Yoga Anatomy*. 2nd ed., Human Kinetics, Inc., 2011.**Library Resources****Assignments requiring library resources**

Utilize the Moorpark College Library's databases to locate journal articles on fitness.

Sufficient Library Resources exist

Yes

Example of Assignments Requiring Library Resources

Using EBSCOhost, find and summarize one peer-reviewed article on recovery after exercise.

Distance Education Addendum

Definitions

Distance Education Modalities

Hybrid (1%–50% online)
 Hybrid (51%–99% online)
 100% online

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact

Hybrid (1%–50% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Instructor will post discussions for students to post their thoughts and reflections. Students will also have to respond to a minimum of two classmates. Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.
E-mail	Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.
Face to Face (by student request; cannot be required)	Students will have the option to meet the instructor to get one-on-one help. Help may include lecture clarification, review of assignments, and extra preparation for exams.
Synchronous Dialog (e.g., online chat)	Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via an online chat or video conferencing technology.
Telephone	Instructor may provide a phone number for the students where they can leave a voicemail and expect a call back within 24 hours.
Video Conferencing	Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via live video conferencing. Furthermore, the instructor may lead an online lecture during a consistent time frame via Zoom or any other video conferencing tool.
Other DE (e.g., recorded lectures)	Instructor may record workouts and post them for students to view within a specified time frame to be ready for the accompanying assignments and discussions. Instructor may also post a video or link to a video for students to view within a specified time frame to complete accompanying assignments and discussions.

Hybrid (51%–99% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Instructor will post discussions for students to post their thoughts and reflections. Students will also have to respond to a minimum of two classmates. Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.
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100% online Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Instructor will post discussions for students to post their thoughts and reflections. Students will also have to respond to a minimum of two classmates. Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.
E-mail	Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.
Face to Face (by student request; cannot be required)	Students will have the option to meet the instructor to get one-on-one help. Help may include lecture clarification, review of assignments, and extra preparation for exams.
Synchronous Dialog (e.g., online chat)	Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via an online chat or video conferencing technology.
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Examinations

Hybrid (1%–50% online) Modality

On campus
Online

Hybrid (51%–99% online) Modality

On campus
Online

Primary Minimum Qualification

PHYSICAL EDUCATION

Review and Approval Dates

Department Chair

10/12/2021

Dean

10/13/2021

Technical Review

10/28/2021

Curriculum Committee

11/02/2021

DTRW-I

12/09/2021

Curriculum Committee

MM/DD/YYYY

Board

01/18/2022

CCCCO

MM/DD/YYYY

DOE/accreditation approval date

MM/DD/YYYY